

**CLAIMS**

**I claim:**

5           1. A method for preparing a consumable nutritional mineral

supplement composition comprising the steps of:

(a) providing uncontaminated plant material;

(b) oxidizing by burning said uncontaminated plant material down to an  
ash form;

10           (c) reacting said ash form of said uncontaminated plant material with  
organic acids, resulting in a reacted form of plant ash in solid form, solution form or  
suspension form;

(d) isolating said reacted form of plant ash in solid form, solution form or  
suspension form; and

15           (e) processing said isolated reacted form of plant ash for the purpose of  
making a consumable nutritional mineral supplement composition.

2. The method of preparing a consumable nutritional mineral  
supplement composition according to claim 1, wherein said step of providing  
20 uncontaminated plant material further includes providing plant material free of pesticides,  
herbicides, fire-retardants or other chemical or environmental contamination.

3. The method of preparing a consumable nutritional mineral supplement composition according to claim 1, wherein said step of reacting said ash form of said uncontaminated plant material with organic acids further includes reacting said ash form of said uncontaminated plant material with organic acids selected from the 5 group consisting of lactic acid, citric acid, acetic acid, malic acid, gluconic acid, saccharic acid, orotic acid, and ascorbic acid.

4. The method of preparing a consumable nutritional mineral supplement composition according to claim 1, wherein said step of reacting said ash form 10 of said uncontaminated plant material with organic acids further includes replacing said organic acid with an inorganic acid.

5. The method of preparing a consumable nutritional mineral supplement composition according to claim 1, wherein said step of reacting said ash form 15 of said uncontaminated plant material with organic acids further includes mixing said organic acid with an inorganic acid.

6. The method of preparing a consumable nutritional mineral supplement composition according to claim 1, wherein said step of isolating said reacted 20 form of plant ash in solid form, solution form or suspension form further includes heating, dilution, filtration, concentration, crystallization, and evaporation.

7. The method of preparing a consumable nutritional mineral supplement composition according to claim 1, wherein said step of processing said isolated reacted form of plant ash further includes homogenization, pasteurization, sterilization, grinding and powdering.

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8. A consumable nutritional mineral supplement composition prepared according to claim 1, comprising plant ash reacted with organic or inorganic acid, isolated, and processed into a solid powdered form.

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9. The consumable nutritional mineral supplement composition according to claim 8, wherein said solid powdered form is compressed into pill tablets for oral consumption by humans and animals.

10. The consumable nutritional mineral supplement composition according to claim 8, wherein said solid powdered form is encapsulated into gelatin capsules tablets for oral consumption by humans and animals.

11. The consumable nutritional mineral supplement composition according to claim 8, wherein said solid powdered form is added directly to animal feeds for oral consumption by animals.

12. The consumable nutritional mineral supplement composition according to claim 8, wherein said solid powdered form is mixed with vitamins, nutraceuticals, and/or herbs for the purpose of formulating a multi-vitamin/multi-mineral 5 supplement.

13. A consumable nutritional mineral supplement composition prepared according to claim 1, comprising plant ash reacted with organic or inorganic acid, isolated, and processed into a solution form.

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14. The consumable nutritional mineral supplement composition according to claim 13, wherein said solution form is mixed with natural or artificial sweeteners, fragrances, food colorings and/or preservatives.

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15. The consumable nutritional mineral supplement composition according to claim 13, wherein said solution form is fortified by addition of vitamin D<sub>3</sub>.

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16. A consumable nutritional mineral supplement composition prepared according to claim 1, comprising plant ash reacted with organic or inorganic acid, isolated, and processed into a suspension form.

17. The consumable nutritional mineral supplement composition according to claim 16, wherein said suspension form further includes an aqueous suspension.

5 18. The consumable nutritional mineral supplement composition according to claim 16, wherein said suspension form further includes a colloidal suspension.

10 19 The consumable nutritional mineral supplement composition according to claim 17, wherein said aqueous suspension form is further treated with carbon dioxide, and processed into tablet form, such that when said carbon dioxide processed tablet form is added to a liquid beverage, produces carbon dioxide gas causing the solution to effervesce, resulting in a carbonated mineral supplement in the form of a refreshing drink.

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20. The consumable nutritional mineral supplement composition according to claim 19, wherein said carbon dioxide processed tablet form is added to fruit or vegetable juice.